MOTS-C dosage & cycles

Amounts, frequency, reported cycle length and the quantity each schedule uses.

About these schedules
Selected public reports, not a clinically validated dosing protocol or an individual recommendation. Calculated totals assume an unchanged amount and frequency. Sources and reported outcomes are on page 3.

How much, how often and for how long?

Each time	How often	Reported length	Per week	Calculated quantity
1-2 mg	3 times/week	About 5 weeks [3]	3-6 mg	15-30 mg over 5 weeks
1 mg	Daily	40 days [5]	7 mg	40 mg over 40 days
5 mg	Twice/week	7 weeks [6]	10 mg	70 mg over 7 weeks
About 3.33 mg	3 times/week	Second cycle; length unspecified [5]	About 10 mg	Depends on the number of weeks
5 mg	Twice/week	4 administrations described [4]	10 mg	20 mg across those 4 administrations

Totals are fixed-schedule calculations, rather than verified historical consumption. The source accounts include changing amounts and other compounds; see their context on page 3.

How much does a 4-, 6- or 8-week cycle use?

Weekly amount	4 weeks	6 weeks	8 weeks
5 mg/week	20 mg	30 mg	40 mg
10 mg/week	40 mg	60 mg	80 mg
15 mg/week	60 mg	90 mg	120 mg

Read the frequency: 1 mg daily totals 7 mg/week; 2 mg three times weekly totals 6 mg/week; 5 mg twice weekly totals 10 mg/week. Keep the amount and frequency together when comparing routines.

Read the duration: 40 days means 40 daily administrations; seven weeks at twice weekly means 14 administrations. The 4-, 6- and 8-week columns are quantity comparisons, not additional reported protocols.

Quantity calculations exclude preparation losses and discard limits. A container's usable storage period is separate from the number of weeks its nominal quantity represents.

Reconstitution & concentration

10 mg and 40 mg mixing calculations, measurements, and laboratory preparation.

Use the final solution volume
Concentration (mg/mL) = labelled peptide (mg) divided by actual final volume (mL). Multiply the concentration by a measured volume to calculate the milligrams in that portion.

What is in a measured 0.1 mL?

Container	Final volume	Concentration	Peptide in 0.1 mL
10 mg vial	1 mL	10 mg/mL	1 mg
10 mg vial	2 mL	5 mg/mL	0.5 mg
40 mg vial	2 mL	20 mg/mL	2 mg
30 mg preloaded pen	3 mL, already mixed	10 mg/mL	1 mg

Changing from 10 mg to 40 mg? With 2 mL final volume, concentration increases from 5 to 20 mg/mL. Recalculate when either the vial quantity or final volume changes.

How do syringe units and pen settings differ?

U-100 scale: a reading of 10 units equals 0.1 mL. That is 0.5 mg at 5 mg/mL, or 2 mg at 20 mg/mL. Check the printed scale and tick spacing. Milligrams describe peptide mass; milliliters describe liquid volume.

Preloaded pen: 30 mg total in 3 mL gives 10 mg/mL. Its milligrams-per-click setting requires the exact device's documented output and calibration. A syringe reading does not establish a pen setting.

What are the preparation steps?

1. Confirm the vial. Check compound, lot, labelled milligrams, container capacity and product-specific preparation instructions. [7]

2. Prepare the work area. Use a clean area, hand hygiene and new sterile equipment for each vial entry. [8]

3. Measure and combine. Follow the specified compatible diluent, final volume and mixing method. [7]

4. Inspect and label. Check for unexpected particles or discoloration. Record compound, lot, final volume, mg/mL and preparation date. [7]

5. Apply storage instructions. Record documented storage conditions and the discard date. Obtain missing information before preparing a solution for storage. [7]

Storage: the water label directs prompt use after mixing, with storage only when the solute manufacturer provides instructions. CDC's general 28-day opened-vial rule addresses multidose-vial handling; peptide stability needs preparation-specific documentation. [7, 8]

Laboratory handling and concentration arithmetic. The pen is already in solution; its 3 mL is the preloaded volume.

Reported effects & sources

The experiences behind the schedules, with original and official references.

What did the people in these accounts report?

About five weeks: modest cardio improvement at 1-2 mg three times weekly; NAD+ also used. A trial of 3 mg three times weekly added little perceived effect. [3]

40 days: a leaner appearance with 1 mg daily, without a clear energy change; courses alternated with SS-31. [5]

Second cycle: better energy at about 3.33 mg three times weekly, after fatigue at 5 mg three times weekly; duration unspecified. [5]

Seven weeks: two reported users described no perceived benefit and mild local reactions at 5 mg twice weekly, after prior SS-31. [6]

Four administrations: early energy and motivation, followed by soreness and feeling unwell; several other compounds disclosed. [4]

Human research context: ClinicalTrials.gov lists a native MOTS-C trial describing daily treatment for 12 weeks. The milligram amount is undisclosed and results are not posted. CB4211 is a distinct modified analogue with its own protocol. [1, 2, 9]

Original and official sources

01. ClinicalTrials.gov - NCT07505745
Native MOTS-C registry entry and described treatment period.

02. FDA - MOTS-C briefing document
2026 review of clinical evidence, pharmacokinetics and safety.

03. Community account - NTNPerformance
Five-week account, amount changes and NAD+ disclosure.

04. Community account - PeptideGuide
Twice-weekly account, effects and concurrent compounds.

05. Community accounts - ResearchCompounds
40-day daily and approximately 3.33 mg three-times-weekly reports.

06. Community account - Peptidesource
Seven-week comment, separate from a proposed future cycle.

07. DailyMed - Bacteriostatic Water label
Diluent compatibility, mixing, inspection and prepared-solution storage.

08. CDC - Preventing unsafe injection practices
Clean preparation, sterile equipment and multidose-vial handling.

09. ClinicalTrials.gov - NCT03998514
The distinct CB4211 clinical-trial record.

10. NHS - Anaphylaxis
Symptoms requiring urgent attention.

Urgent symptoms: breathing difficulty, facial swelling or fainting require urgent medical attention. [10]

Full guide and calculator: motsc-peptide.com/dosage/
Questions or corrections: contact@motsc-peptide.com